FREESTYLE

#631 FLOW 100 WATCH INSTRUCTIONS

FEATURES:

- CURRENT TIME (HR., MIN., & SEC.) DAY AND DATE
- BEST LAP W / DATE LAP MEMORY
- 15 INTERVAL TIMERS
- STAND ALONG TIMER
- DUAL TIME
- DAILY ALARM
- COACH MODE
- WATER RESISTANT TO 330FT/100M
- NIGHT VISION™ ELECTROLUMINESCENT BACKLIGHTING

INTRODUCTION

Thank you for purchasing the #631 FLOW 100 Trainer Watch. Designed as a fitness coaching tool as well as a precision timepiece, the unit comes complete with the following functions:

- Real-time calendar clock
- Second time zone for foreign time
- Daily, weekly, schedule and hydration alarms
- 1/100 chronograph with lap and recall functions
- Multiple countdown timers
- Weight and cardiovascular coaching

The watch is also equipped with an EL back light to facilitate time reading at night or in dim light.

CONTROL BUTTONS

HOW TO RESET THE WATCH

Hold down the MODE, START/STOP and LAP & SET buttons simultaneously. Factory settings will be assumed. This procedure is useful when you want to erase all current settings and start anew.

HOW TO USE THE BACK LIGHT

Press the LIGHT button once to turn on the back light for three seconds.

DISPLAY MODES

The watch has six display modes: current time and calendar (TIME), chronograph (CHRONO), lap recall (RECALL), function alarms (ALARM), programmable timers (TIMER) and fitness training (COACH).

To change from one display mode to another, press the MODE button once. The mode description will appear briefly before the mode is activated.

HOW TO SET THE CURRENT TIME AND DATE

1. Select current time display using the MODE button.
2. Hold the SET button for two seconds. The hour display format will blink.
3. Use the LAP button or START / STOP button to select 12-hour or 24-hour display format. When the 12-hour format is selected, the P indicator will appear for afternoon and night time. Note that the chosen hour format will apply to the foreign time as well as all alarms.
4. Press the MODE button. The date format will blink.
5. Use the LAP button or START/STOP button to select month-day (M-D) or day-month (D-M) display format.
6. Press the MODE button. The hour digits will blink.
7. Use the LAP button or START/STOP button to set the hours. Press the button once to increase or decrease the digits by one unit respectively or speed up the process by holding down the button.
8. Press the MODE button. The minute digits will blink.
9. Use the Lap button or START/STOP button to set the minutes.
10. Follow the same pattern to set the seconds, year, month and day-of-the-month. When setting the seconds, press the LAP button or START / STOP button to reset the second digits to 00. The day-of-the-week will be generated automatically according to the date entered. As for the year, you can enter any year from 00 to 99.
11. Press the SET button to confirm the settings and return to current time display. The unit will also do it automatically if no button is pressed for two minutes.

HOW TO DISPLAY TIME ONLY

When the current time and calendar are displayed, press the SET button once to display just the time. Press the button again to return to the previous mode.

HOW TO DISPLAY THE SECOND TIME ZONE

When the current time is displayed, press the LAP button once. The T-ZONE 2 indicator will appear.

HOW TO SET THE SECOND TIME ZONE

When the second time zone is displayed,

1. Hold the SET button for two seconds. The hour digits will blink.
2. Use the LAP button or START/STOP button to set the hours.
3. Press the MODE button. The minute digits will blink.
4. Use the LAP button or START/STOP button to set the minutes.
5. Press the SET button to confirm and exit.

In second time zone display, hold LAP button for 2 seconds to change to T1 / T2 display on screen.

HOW TO SET THE DAILY ALARMS

1. Select ALARM mode using the MODE button. The daily alarm time (AL-DLY1) will be displayed. You can have three daily alarms.
2. Use the LAP button to select AL-DLY1, AL-DLY2 or AL-DLY3.
3. Press SET button to enter alarm setting mode. The hour digits will blink.
4. Use the LAP button or START/STOP button to set the hours.
5. Press the MODE button. The minute digits will blink.
6. Use the LAP button or START/STOP button to set the minutes.
7. Press the SET button to confirm and exit.

When the alarm time is displayed, use the START/STOP button to activate or deactivate the alarm. The A indicator on the upper right corner of the time will appear when the alarm is active.

You can activate the chime in normal time display by pressing the START / STOP button once. The chime indicator will appear.

HOW TO USE THE CHRONOGRAPH

For a straight forward count-up,

1. Select CHRONO mode using the MODE button. The last recorded lap time of the chronograph will be displayed on top of the last accumulated time. Hold the LAP button for two seconds to clear the old records.
2. Press the START/STOP button once to start the chronograph. The watch will start counting from 00'00"00 if the watch is cleared. Otherwise, it will pick up from where it last left off. The watch will count up to 99hours, 59 minutes and 59.99 seconds.
3. To stop counting, press the START/STOP button once. Press the button again to resume from where it left off. To clear the chronograph, press the START/STOP button to stop counting and then the LAP button to register the counting as the lap record. To clear the chronograph, hold down the LAP button.

To display only the lap time, press the SET button once. Press the button again to return to the last display.

The chronograph is equipped with a split function for you to keep track of individual lap time. To use the function,

1. While the chronograph is running, press the LAP button once whenever you want to register a lap. The lap time will be updated on the top line of the chronograph. The total running accumulated time will be shown on the bottom line.
2. Repeat the last step until you have registered all the laps. You can register up to 100 laps. The lap number will be automatically generated. When the number overflows, LAP-- will appear instead.
3. Press START/STOP to stop counting. Press the button again to resume or hold the LAP button to clear.

HOW TO RECALL LAP RECORDS

You can recall the lap records in RECALL mode. The mode will not be active if all previous records have been deleted.

To use the function,

1. Select RECALL mode using the MODE button. The first lap (LAP 01) of the last segment will be displayed. A segment contains whatever laps are registered before the chronograph is cleared.
2. Use the LAP button to scroll through all the other laps in the same segment.

For the best record in the same segment, press SET button. To change over to another segment, press START/STOP. To clear all records, hold LAP for four seconds when chrono is stop or reset.

OTHER FUNCTION ALARMS

Apart from daily alarm (AL-DLY), the unit is also equipped with hydration alarm (AL-H2O), weekly alarm (AL-WEEK) and schedule alarm (AL-SCH).

To set the individual alarms,

1. Select the alarm type using the LAP button.
2. Press SET button to enter alarm setting mode. The first variable will blink.
3. Use the START/STOP or LAP button to set the variable. The chosen alarm will be activated automatically.
4. Press the MODE button. The second variable will blink.
5. Follow the same pattern to complete the setting.
6. Press the SET button to finish and exit.

Note that when setting the hydration alarm—which is useful in reminding you to drink during workout—the setting will scroll in five-minute intervals.

HOW TO USE THE ALARMS

When the chosen alarm time is displayed, use the START/STOP button to activate or deactivate the alarm. The A indicator on the upper right corner of the time will appear when the alarm is active. The alarm will also be automatically activated in the setting process.

A tune will go off two beeps per second at the designated time for 10 seconds when the alarm is active. The hydration alarm sounds differently. It will go off at one beep per second for five seconds.

To stop the beeps, press the MODE, SET, START/STOP or LAP button. The alarm will repeat itself unless deactivated.

HOW TO USE THE TIMERS

To set a timer,

1. Select TIMER mode using the MODE button. The setting of the last selected timer will be displayed.
2. Select the type of timer using the LAP button. You can select any of the following:
   - TR-STOP: Standalone timer to count down and stop when the process is done
   - TR-REP: Standalone timer to count down and repeat the counting automatically when the process is done
   - TR-CD/CU: Standalone timer to count down and then count up when the process is done
   - TR-INT 1 (to 15): Interval timer to count down and automatically repeat the counting when the process is done.
3. Press the SET button. The hour digits will blink.
4. Use the START/STOP button to decrease or the LAP button to increase the value.
5. Press the MODE button. The minute digits will blink.
6. Use the START/STOP or LAP button to set the value.
7. Follow the same pattern to set the seconds.
8. Press the SET button to confirm and exit.

To start a countdown, select the desired timer and press the START/STOP button. Press the button again to stop the countdown or a third time to resume. For TR-REP and TR-INT timers, the number of repeats will be updated automatically on the display.

A beep will be emitted at every minute for every timer. The beep will be stepped up to every 10 seconds for the last minute of the countdown. At zero, double beeps will be emitted for five seconds.

HOW TO USE THE COACH MODE

The COACH mode is designed to help you with your cardiovascular and weight training.

For cardiovascular training,

1. Select COACH mode using the MODE button.
2. Use the LAP button to select CARDIO.
3. Press the START/STOP button. You are given three workout lengths: 30 minutes, 45 minutes or 60 minutes.
4. Use the LAP button to select the desired length of workout.
5. Press the START/STOP button twice to start. The unit will automatically walk you through stretching, warming up, cardiovascular exercise, cooling down and stretching in the preset time schedule:

	30 Minutes	45 Minutes	60 Minutes
Stretching	3 Minutes	5 Minutes	5 Minutes
Warming Up	2 Minutes	2.5 Minutes	2.5 Minutes
Cardio Exercise	20 Minutes	30 Minutes	45 Minutes
Cooling Down	2 Minutes	2.5 Minutes	2.5 Minutes
Stretching	3 Minutes	5 Minutes	5 Minutes

Note that the preset number of minutes